

# July 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> <b>Lunchtime Meditation</b> 12:15-12:45pm  <b>HJ with silent meditation</b> 5-6pm <b>Meditations on Loving Kindness with Prayers for World Peace</b> 6:30-7:30pm	<b>2</b> <b>HJ with silent meditation</b> 12-1pm  <b>Dakini Yoga (HYT Only)</b> 5-6pm <b>Living With A Good Heart GP Class</b> 6:30-8:00pm	<b>3</b> <b>35 Confession Buddhas</b> 11-11:45am <b>Lunchtime Meditation</b> 12:15-12:45pm  <b>HJ with silent meditation</b> 5-6pm	<b>4</b> <b>Quick Path (HYT Only)</b> 12-1:30pm  <b>HJ with silent meditation</b> 5-6pm	<b>5</b> <b>The Power to Change</b> 11-12pm  <b>Powa</b> 6-7pm	<b>6</b>
<b>7</b> <b>Building Blocks for Inner Peace GP Class</b> 11-12:15pm  <b>WFJ with food offering</b> 3-4:00pm	<b>8</b> <b>Lunchtime Meditation</b> 12:15-12:45pm  <b>Tara Prayers</b> 5-6pm <b>Meditations on Loving Kindness with Prayers for World Peace</b> 6:30-7:30pm	<b>9</b> <b>HJ with silent meditation</b> 12-1pm <b>Dakini Yoga (HYT Only)</b> 5-6pm  <b>Living With A Good Heart GP Class</b> 6:30-8:00pm	<b>10</b> <b>35 Confession Buddhas</b> 11-11:45am  <b>Lunchtime Meditation</b> 12:15-12:45pm  <b>OSG</b> 5-6:30pm	<b>11</b> <b>Quick Path (HYT Only)</b> 12-1:30pm  <b>HJ with silent meditation</b> 5-6pm	<b>12</b> <b>The Power to Change</b> 11-12pm  <b>HJ with Silent Meditation</b> 5-6pm	<b>13</b> <b>Beginner's Mini Meditation Retreat</b>  <b>Session 1:</b> 10-11:00am <b>Break:</b> 11-11:30am <b>Session 2:</b> 11:30-12:15pm <b>Break:</b> 12:15-12:45pm <b>Session 3:</b> 12:45-1:30pm
<b>14</b> <b>Building Blocks for Inner Peace GP Class</b> 11-12:15pm  <b>WFJ with food offering</b> 3-4:00pm	<b>15</b> <b>PRECEPTS DAY</b> <b>Mahayana Precepts</b> 6:30-7:30am <b>Lunchtime Meditation</b> 12:15-12:45pm  <b>HJ with silent meditation</b> 5-6pm <b>Meditations on Loving Kindness with Prayers for World Peace</b> 6:30-7:30pm	<b>16</b> <b>HJ with silent meditation</b> 12-1pm <b>Dakini Yoga (HYT Only)</b> 5-6pm  <b>Living With A Good Heart GP Class</b> 6:30-8:00pm	<b>17</b> <b>35 Confession Buddhas</b> 11-11:45am  <b>Lunchtime Meditation</b> 12:15-12:45pm  <b>HJ with silent meditation</b> 5-6pm	<b>18</b> <b>Quick Path (HYT Only)</b> 12-1:30pm  <b>HJ with silent meditation</b> 5-6pm	<b>19</b> <b>The Power to Change</b> 11-12pm  <b>HJ with Silent Meditation</b> 5-6pm	<b>20</b> <b>Volunteer Day</b> 10-12pm
<b>21</b> <b>Building Blocks for Inner Peace GP Class</b> 11-12:15pm  <b>WFJ with food offering</b> 3-4:00pm	<b>22</b> <b>Lunchtime Meditation</b> 12:15-12:45pm  <b>HJ with silent meditation</b> 5-6pm <b>Meditations on Loving Kindness with Prayers for World Peace</b> 6:30-7:30pm	<b>23</b> <b>HJ with silent meditation</b> 12-1pm <b>Dakini Yoga (HYT Only)</b> 5-6pm  <b>Living With A Good Heart GP Class</b> 6:30-8:00pm	<b>24</b> <b>Class and Puja Break</b>	<b>25</b> <b>Class Break</b>  <b>OSG with food offering</b> 5-7pm	<b>26</b> <b>Int'l Summer Festival</b>  <b>Class and Puja Break</b>	<b>27</b> <b>Int'l Summer Festival</b>  <b>Class and Puja Break</b>  <b>Watch Party for Summer Festival Empowerment</b> 10:30am-1:30pm <b>Followed by Potluck!</b>
<b>28</b> <b>Int'l Summer Festival</b>  <b>Building Blocks for Inner Peace GP Class</b> 11-12:15pm	<b>29</b> <b>Int'l Summer Festival</b>  <b>Class Break</b>  <b>WFJ with food offering</b> 3-4:00pm	<b>30</b> <b>Int'l Summer Festival</b>  <b>Class and Puja Break</b>	<b>31</b> <b>Int'l Summer Festival</b>  <b>Class and Puja Break</b>	<b>SPECIAL NOTES</b> <b>OSG</b> = Offering to the Spiritual Guide <b>WFJ</b> = Wishfulfilling Jewel <b>HYT</b> = Highest Yoga Tantra empowerment required		<b>COLOR KEY:</b> <b>Special classes</b> in blue <b>Pujas</b> in green <b>Weekly classes</b> in black <b>Out of town branches</b> in purple